My Favorite Candy Recipes

Mary Blake

PURE MILK, evaporated to double richness; kept safe by sterilization.

"From Contented Cows"

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Carnation for Good Homemade Candy

GOOD homemade candy doesn't "just happen." If you aspire to make unusually rich, smooth and creamy candy try the following suggestions:

1. Use Carnation Milk because it is so rich and creamy. Carnation is pure whole milk, evaporated to double richness, "homogenized," and sterilized for safe keeping. It makes especially delicious candy because of its homogenization. In this process the butter fat particles are finely divided and evenly distributed. For this reason, Carnation blends thoroughly with the other ingredients and makes an unusually smooth and creamy candy.
2. Use corn syrup or cream of tartar as these help to keep the candy from becoming grainy.
3. While the candy is cooking stir just enough to prevent scorching. Too much stirring is liable to make the candy grainy.
4. After the candy is cooked let it stand until it is almost cold. Then beat vigorously until it is thick and creamy. Buy Carnation Milk from your grocer and try these candy recipes. You will be delighted with the results.

NOTE: As a general rule for cooking, simply dilute Carnation with a little more than equal volume of water. For coffee, use Carnation in its full richness.

Mexican Orange Candy

1 cup sugar, caramelized
¼ cup boiling water
2 cups sugar
1 cup Carnation Milk
Few grains salt
Grated rind of 2 oranges
1 cup nut meats

Add boiling water to caramelized sugar and boil until sugar is dissolved. Add 2 cups sugar, milk and salt; cook until it forms a soft ball in cold water or reaches a temperature of 235° F. Just before the candy is done add orange rind. Remove from fire and let stand until cool; when cool beat until creamy, add nuts and drop from a teaspoon on to oiled paper.

Carnation Fudge

2 tbsp. butter
2 sqs. chocolate
3 cups sugar
¼ tsp. salt
2 tbsp. corn syrup (light)
½ cup Carnation Milk
½ cup water
1 tsp. vanilla
Chopped nuts, if desired

Melt butter and shaved chocolate in a sauce pan; add sugar, salt, corn syrup, and Carnation diluted with the water. Cook until mixture forms a soft ball in cold water or reaches a temperature of 235° F, stirring occasionally to prevent sticking. Remove from fire and let stand until cool. When cool add vanilla and beat until creamy; add chopped nuts and mold on a buttered plate. FUDGE BALLS may be made by forming the candy into balls and rolling in chopped nuts, cocoanut, grated chocolate or dipping in melted chocolate. MARSHMALLOW FUDGE may be made by adding 1 cup of marshmallows instead of the nuts.

Cherry Opera Caramels

2 cups sugar
⅓ cup Carnation Milk
⅓ cup water
2 tbsp. corn syrup (light)
Few grains salt
2 tbsp. butter
1 tsp. vanilla
½ cup candied cherries, sliced
½ cup nut meats

Mix sugar, Carnation diluted with the water, corn syrup and salt. Cook until it forms a soft ball in cold water or reaches a temperature of 235° F. Remove from fire, add butter and let stand until cool. When cool add vanilla and beat until creamy; add cherries and nuts and mold on a buttered plate.

Pralines

2 cups powdered sugar
1 cup maple syrup
½ cup Carnation Milk
1 cup chopped nuts
Few grains salt

Boil sugar, syrup, salt and Carnation until the mixture forms a soft ball in cold water. Remove from fire; when cool beat until creamy, add nuts and drop from the tip of a spoon in small pieces on a buttered plate. Or the mixture may be molded on a buttered plate and cut into squares.

Peach Shortcake

2 cups bread flour
4 tsp. baking powder
1 tsp. salt
5 tbsp. fat
1 tbsp. sugar
¼ cup Carnation Milk
½ cup cold water

Sift dry ingredients, rub in fat, add Carnation diluted with water, and mix quickly. Toss on slightly floured board, pat to 1 inch thickness, and put in cake pan. Cover top with thin layer of melted fat. Cover and let stand for 10 minutes. Bake about 12 minutes in hot (450° F) oven. Cut in squares, split and butter. Put sliced canned peaches between the layers and on top of the shortcake. If fresh peaches are used they should be prepared and allowed to stand with sugar on them for some time before serving.